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## FASHION

### Dresses made of dryer sheets, paint samples

DAVE JOHNSON  
PelhamNews Staff

Models strutted down a catwalk in E.L. Crossley's gym last Thursday in dresses made of dryer sheets, wearable art and paint chip samples.

There was everyday wear, too, among the clothing designed by students in Sherry Wilkinson's fashion design class.

see **FASHION** | page 2



DAVE JOHNSON Staff Photo

Marissa Peacock models one of the dryer sheet dresses featured in E.L. Crossley's annual fashion show. The dress was designed and made by fashion design teacher Sherry Wilkinson.

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# upfront

## ■ FASHION

### Crossley students made up entire crew of the show

FROM PAGE 1

Mitchell Wood, a Crossley grad directing the fashion show, said the only dresses not made by students were three dryer sheet ones.

Wood was asked to come back to the school and run the fashion show for Wilkinson. With the exception of Wood, the whole crew, including models, volunteers, makeup men, backstage manager, sound technician, lighting and assistant to the director, were women.

Wood worked the fashion show twice in the past when he was at the school, which he graduated from last year, and jumped at the chance to come back and direct it.

"It'll be a great experience for me," he said, adding he's

going into a theatre program at Humber College.

The show, which saw day-long rehearsals, featured two acts, split into five different pieces each, with an intermission. The actual show was held on last Thursday night and it usually sees more than 100 people attend.

In the first act, one of the pieces was *Hats Off!*: The Art of the Hat, which featured hats made by Grade 9 students. The first act also included the Loch Ness Monster, with the students coming it dressed in sailor outfits, followed by the Loch Ness monster, all to the tune of *The Village People's In the Navy*.

The second act featured a piece called *Queen Kylie and the Aliens*, with three of the

women dressed up in the dryer sheet dresses and glow-in-the-dark masks.

"There's a silver dress lined with LED lights... an alien-theme," said Wood, adding the piece would be lit by black light.

Wearable art dresses, he said, featured recycled material.

The paint chip sample dresses were made by Wood and student Samantha Gaines, who was acting as sound technician for the show.

"We have a Slumber Party (piece) where the girls come out in PJ's, have a pillow fight and sing into hairbrushes... with *Girls Just Wanna Have Fun* playing," said Wood.

dave.johnson@sunmedia.ca

## ■ PLANNING: Committee getting ready for event

# Summerfest exceeds goals

SARAH FERGUSON  
PelhamNews Staff

It's just the beginning of March but preparations for Pelham Summerfest are well underway.

The Summerfest committee is looking forward to people coming out to "chill on the hill" from July 18 to 21, said Ward 2 Coun., and committee member Gary Accursi.



Accursi

"Each year, we set goals and last year we exceeded all of our goals," Accursi said, adding he hopes to see attendance grow to an upwards of 30,000.

In the previous year, the committee's target attendance was 20,000, which was achieved.

Last year, the event broke even and was able to pay for its Summerfest arches, but Accursi said the committee is hoping the festival will have a "strong financial base"

to raise funds for the town which can be put in a reserve.

He hopes to have a large list of local artists highlighted during Art in the Park and local businesses in Pelham are supported.

Planning for the summer-festival began before Christmas when a report about last year's event was submitted to council.

At the beginning of January, the committee began organizing a list of events and is currently in talks with some entertainers. Accursi expects local musicians performing in the festival will be finalized by the end of April.

The committee is also searching for food vendors and applications are currently being accepted. The list of vendors for the festival are expected to be finalized by the end of March.

"It's a family-friendly event — not a booze fest," Accursi said about Summerfest.

"Everything is free other than food. There will be entertainment for adults and lots of kids entertainment. We're hoping to have



Each year we set goals and last year we exceeded all of our goals."

Gary Accursi, councillor

a bunch of things kids can enjoy."

Accursi said highlights of this year's festival will include live concerts, farmer's market, artists, a kids area with slides and bouncers, as well as a variety of food vendors and wine and beer garden.

As preparations are finalized, Accursi said the festival's website is being updated to reflect the events that will take place this year.

For more information about how to get involved with Summerfest 2013 or applications for sponsors, vendors and artists visit online at [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca).

sarah.ferguson@sunmedia.ca  
Twitter: s.ferguson25

## ■ MEALS ON WHEELS: Barry Sharpe, Dave Augustyn show

# Mayors take on meal delivery

MARYANNE FIRTH  
Tribune Staff

WELLAND — Their may be a spark of recognition when Meals on Wheels clients see the faces behind their deliveries March 18.

That's when Welland Mayor Barry Sharpe and Pelham Mayor Dave Augustyn will take

over the roles traditionally held by volunteers and deliver meals to those in need.

The elected officials will try their hand at meal delivery as part of the annual *Mayors for Meals Day*, run locally by Community Support Services of Niagara.

It's an additional opportunity for mayors to show their support for seniors throughout

their respective communities and to also draw attention to the Meals on Wheels program.

Director of client services Deb Hollo expressed excitement on behalf of the agency in having both mayors return for the special day for the second consecutive year.

see MEALS | page 6

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# tempo

■ **GLOBAL AID:** Healthy Horizons for Children and Families has been providing assistance for the past decade

# A mission to heal Hondurans

SARAH FERGUSON  
PelhamNews Staff

In less than two months Frank Adamson will pack his bags and board a plane to take a life-changing trip.

The Rotary Club of Fonthill member has travelled before — he has been to places such as Costa Rica and Panama.

But instead of vacationing and relaxing on the beach, Adamson this time will be part of a humanitarian mission to help others in-need.

The paramedic who teaches a course once a week at the Ontario College of Health and Technology in Stoney Creek will be travelling to Honduras with Healthy Horizons for Children and Families, an organization that provides aid to people living in poverty. His 11-day-trip starts April 16.

"It's always something that I've wanted to do," the Fonthill man says about the trip for which he is footing the bill.

"I have experienced places as a tourist but I am excited to go to Honduras to see how the people learn and live. It will be a cultural experience."

The service organization is sending Adamson with \$2,600 which it's donating to construct one of several houses that he will help to construct.

Healthy Horizons for Children and Families founder Steve Malone said his registered Canadian charity has been travelling to Honduras two times a year for 10 years.

Each time, a group of about 10 volunteers bring

supplies and medicine to assist Hondurans with aches, pains, flu symptoms, respiratory problems and a plethora of other health concerns. It works with a Honduran organization called Agrolibano Foundation.

What is special about Healthy Horizons is that any individual can come and provide assistance. Although some people are paramedics or health-care providers, Malone said anyone is welcome.

"We like to take anyone willing to help because there is plenty of work to do," he said, adding that some of the work includes teaching children how to brush their teeth, the importance of hand washing and doing crafts with children while their parents receive medical attention.

Malone, who has been an emergency medical services paramedic for more than 28 years, and participated in 32 humanitarian missions, said his organization in April will be bringing bags full of tooth brushes, tooth paste, dental floss and over-the-counter medications to be distributed to Hondurans.

Whether people travel to Honduras to help out, donate money or give items to be sent on the trip, every little bit helps.

"Together as a group we can all make a difference," he said.

Donations can be dropped off at Kwik Fit Niagara at 20 Canboro Rd. in Pelham. For more information on Healthy Horizons, visit [www.healthyhorizonshonduras.ca](http://www.healthyhorizonshonduras.ca).



Steve Malone of Healthy Horizons for Children and Families provides care to a girl in Honduras. The organization Malone has founded has completed humanitarian efforts in Honduras twice a year for the past decade.

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Supplied photo

# PelhamNEWS

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Angus Scott, editor

**SUN MEDIA**  
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## Share your weekly game reports, photos

Spring is right around the corner and soon children will be sprinting across the soccer field, reaching to smack the tennis ball to the other side of the tennis court or sliding into home.

Registration for local sports beginning in the spring and summer are beginning and soon kids will begin competing.

Playing a sport such as soccer can teach a child a lot about team work, sportsmanship and responsibility.

It's extremely exciting when a youngster has trained all season and finally scores his or her first goal of the season.

There's nothing better than being part of a team, meeting other children in the community and competing to win the top trophy at the end of the season. It's even more exciting when local teams can see their names in print and share their accomplishments with the community.

We at Pelham News would love to hear all about the big games as they happen each week and would like to share this news with readers.

We want to know all about how minor sports teams are doing on the soccer field, on the golf course, or on the court.

It's not always possible to attend every game so Pelham News is asking for some help.

Parents, coaches and even players are invited to submit brief weekly reports, along with photos, and game schedules to the newspaper for publication.

Reports need to include both team names, where and when the game was held, along with the highlights of each game.

Each week a selection of the reports will appear in the newspaper. The deadline to make a submission is every Friday afternoon at 3 p.m. in order to be featured in the following week's paper.

For more information about the write-ups, drop me a line at 905-732-2411 ext. 231 or send an e-mail to sarah.ferguson@sunmedia.ca.

—Sarah Ferguson

### ■ LETTER:

## Education is important for today's entrepreneur

To operate a successful business in this day and age, a great amount of skill and knowledge is required.

Many hopeful entrepreneurs with merely a high school degree believe to follow in the footsteps of Bill Gates or Mark Zuckerberg, who accomplished great things without a post-secondary education. However, studies suggest pursuing a post-secondary education is the best road to success.

Universities help develop skill as well as help you gain knowledge and valuable contacts, which are all critical components for growing your business. Because of their knowledge, skill, and experience, university graduates are more likely to flourish as entrepreneurs and actually become rich through their company.

Taking a business program at a university or college or even just a few courses will make you more prepared for the life as an entrepreneur and will increase the probability of success.

Josta Willebrand

### ■ COLUMN

## A true friend would have invited you along

**A**s you know — or would know if you ever bothered to invite me to lunch

I've been inundated with letters from readers seeking advice about winter vacations.

Despite what you may think, these curious readers aren't asking questions about whether I think Mexico is safe (yes, but wear a helmet), or whether I recommend getting anti-hepatitis shots (absolutely) or how frequently one should get anti-hepatitis shots (three times a day for the rest of your life, but always wear 30 minutes before swimming).

Instead, these winter-weary folks — folks who, like me and maybe you, aren't going anywhere exotic this winter — are wondering how they should react when their friends, acquaintances and co-workers return from some sun-drenched stay in some southern paradise and regale them with tales of their fantastic holiday.



Ian Gillespie  
LIGHTER SIDE

First, it's important to acknowledge that this is a sensitive situation and you should resist the temptation to bonk the smiling, suntanned son-of-a-gun in the nose.

It's hard, I know. Like me, there are thousands (maybe even dozens) of Canadians who aren't going away this winter. This may be because they can't afford it, or because they can't get the time off work, or because they're serving 15 years in a maximum-security facility for a crime they didn't commit.

But whatever the reason, many Canadians haven't seen the sun for more than

six minutes in the past three months. Because of this they're suffering from Seasonal Affective Disorder (SAD), which is sometimes referred to as "winter depression" or "winter blues" or, in my house, "reality."

People afflicted with SAD often suffer from anxiety, irritability, a tendency to oversleep and a craving for carbohydrates — symptoms I tend to display every day of the year, even when I'm in a particularly chipper mood.

But these troubling symptoms are even worse when the sufferer — someone, for example, whose most recent "vacation" was a trip to the basement for a bottle of beer — comes face-to-face with a friend eager to tell them all about para-sailing in Costa Rica, snorkelling in Fiji or bungy-jumping in Buenos Aires.

First, you should realize that if your so-called "friend" was truly a friend, they would've

invited you along on their vacation. So don't worry about insulting them, because their very presence — everything from their goofy smile to the grains of sand still lodged in parts of their body who have no business even thinking about — is an insult to your steadfast northern values.

The way I see it, if God had wanted Canadians to experience sun and sand during the long, dark days of winter, He would have made flights to the Caribbean cheaper than a box of Timbits.

Sadly, that's not the way it is. Instead, average Canadians are forced to endure the anecdotes of their more-fortunate friends and family members who insist on describing in depressing detail how they shipped on a pina coloda while a charming Jamaican braided their hair on the beach in Ocho Rios.

If it comes to that, just put them in the nose.

# comment

## Speaking out



Supplied photo

The Fenwick and Fonthill Lions and Lioness clubs held their annual Effective Speaking Contest at the Fenwick Lions hall recent. The winners are left to right: Lannie Seddon, Glynn A Green, first (Junior), Erin Lemaich, E.L. Crossley, first (Intermediate), Katrina Foster, E.L. Crossley, second (Intermediate), Hope Brownlee, Pelham Centre, second (Junior).

## ■ WELLNESS

# Breathing – next stop on the Wellness Train

DEBORAH MARIE FORRESTER

For those of you who have been following along as we explore the 12 dimensions of wellness, welcome back.

To those newcomers just climbing on board, get comfy and join us as we consider breathing.

What is breathing? Breathing is inhalation and exhalation, or respiration, or just plain old "huffing and puffing." For those of us who danced our way through the 1980s, we refer to it as "staying alive!"

So why do you have to pay attention to something that your body automatically manages for you? And what I do this somatic process have to do with whole-person well-being?

Introducing Farley Doctor B.Sc., RMT, GCP.

Farley (pronounced Maria but with an F) practices from her private studio in St. Catharines. She has committed the last 18 years to helping her clients relieve their pain through improved mobility, breathing posture and coordination.

Farley shares her knowledge throughout the Niagara region through workshops and seminars using The Feldenkrais Method of Somatic Education.

I have had the great privilege of being one of her students.

After my first class with Farley, the results surprised me: I stood taller on my feet, felt taller and had a much greater awareness of

my unique tension-holding habits.

And here's the key: no two people have the same breathing pattern. Makes sense, then, that we each will have unique ways of using our breath, holding our breath and becoming aware of how we utilize our breath when we are in ease or in pain. In my opinion, Farley is the local expert on breathing.

"There isn't one right way to breathe," says Farley.

"It depends on what we are doing, what our actions and functions require of our breathing. For example, if you are bent over trying to tie your shoe, you are not going to want to breathe into your belly or your chest, instead breathe into your back."

Farley goes on to say the dimensions of breathing affect our whole torso, however people often believe that breathing is only in the chest of the chest.

Farley continues by saying "So breathing can be used to manipulate the structure of our body to increase function. Function can be improved by knowing and becoming aware of how the diaphragm and the ribs move when we breathe, how we respond in different situations and being able to respond naturally."

She says breathing is automatic but we have the ability to interfere with it. Our emotions, stress and our beliefs interfere with natural breathing.

When we panic and experience stress and anxiety, Farley has this to say.

"If you let your body take what it needs,

it inhales the oxygen required for a specific function; and it exhales the carbon dioxide it doesn't need. For example when at rest, the inhale is shorter and the exhale is longer. Our body is self-regulating in the sense that it monitors our blood oxygen and carbon dioxide levels to be right for our function. When our blood oxygen levels get too high, anxiety kicks in. When there is anxiety, learning happens slower.

So panic comes from over-breathing, and is a physiological responses to a functional requirement.

requirement.

The environmental impact

We would not exist without our environment, we are intrinsically connected to our outside world. How we have evolved as creatures is intrinsically connected to the earth. The internal system and the intelligence of your body is in our environment.

Farley summarizes by saying, "If you can learn how to adapt, or how to manipulate your internal systems through breath—through awareness and techniques, then

you can actually have a significant effect on your own health."

Breath is our life force. It's fascinating how just a small improvement in breath patterning can make a difference about how you feel about yourself and how you function.

Still curious? Contact Farley at [www.fathydoctor.com](http://www.fathydoctor.com)

Deborah-Marie Forrester is the founder and managing director of *Daria Prana Healing and Wellness Centre* in downtown Fonthill.



## PELHAM CARES INC. ANNUAL GENERAL MEETING

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# Making Pelham bike-friendly

SARAH FERGUSON  
Pelham News Staff

Cyclists could soon be spinning their way into a welcoming Pelham.

With the help of a working committee, the Town of Pelham is applying for the Bicycle Friendly Communities designation — an award recognizing communities that actively support bicycling, said recreation, culture and wellness coordinator Jessica Ruddell.

"The application for the designation is very intense so the Town of Pelham has put together a great team to help contribute to the application," she said.

The Pelham Active Transportation Committee formed a 10-member working group that is evaluating a variety of criteria set out by the program as part of an application process which must be completed by the end of April. This criteria includes engineering,

cycling education, encouraging people to ride, law enforcement to keep both motorists and cyclists safe, as well as evaluation and planning which includes developing and identifying trail systems, bike racks and making sure cyclists know where they are welcome, said Ruddell.

The recognition is important, Ruddell said, because Pelham's municipal leaders realize cycling is on the rise and this form of active

transportation is being used more and more.

David Hunt, a member of the working committee and an active cyclist himself, said the application process is very involved. He said the application for the BFC recognition will help to profile areas in the town that are beneficial to cyclists. Identifying these areas can increase tourism and support local business by inviting cyclists to come, said Hunt.

Cycling is a popular way to travel because it reduces out-of-pocket expenses while also improving a person's health.

"Tourists will want to come to Niagara if there are appropriate places for them to ride," said Hunt.

He said recipients of the recognition receive either a bronze, silver, gold or platinum level and other communities in Niagara have applied.

"It's certainly a friendly

competition. Welland applied in previous years and received a bronze medal."

Hunt said he hoped the application would encourage other municipalities in the region who have not yet applied to do so to make Niagara a more bicycle friendly place.

For more information about the BFC program visit [www.sharetheroad.ca](http://www.sharetheroad.ca).

*sarah.ferguson@sunmedia.ca*

If you have a story idea or see news happening,  
we want to hear from you — [pelham.news@sunmedia.ca](http://pelham.news@sunmedia.ca) or 905-732-2414 ext.246

## ■ MEALS

# Mayors are pitching in to help

FROM PAGE 2

"We hope to raise awareness of the value this service provides to clients in our community," she said.

Mayors for Meals Day is a North American campaign

organized by Meals on Wheels agencies to involve local mayors in raising awareness of senior hunger and the need for local action.

Sharpe and Augustyn will begin their day by meeting

agency staff at Welland hospital for a briefing before departing for their designated routes in their respective communities.

*maryanne.firth@sunmedia.ca*  
Twitter: @mfirthTribune

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Full equipment is required. Session rate 17P/Skinny - \$100.00/\$66.00.  
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For more information contact Julie Cook at (905)892-2607, ext. 329

## Women's Hockey - \$5.50 per drop in

Monday, Mar 18th 9:30am - 10:30 am

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Tuesday Mar 19th 9:00am - 10:00am

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Friday Mar 15th 6:00pm - 9:30pm

Tuesday Mar 17th 1:00pm - 2:20pm

Tuesday Mar 19th 7:30pm - 8:30pm

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Friday Mar 15th 10:00am - 11:00am

Tuesday Mar 19th 1:00pm - 2:00pm

## Adult Skate

Thursday Mar 21st 1:00pm - 2:00pm

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Thursday Mar 21st 9:30am - 10:30am

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## Walking Club

Interested in Walking in Pelham? Interested in joining a Walking Club? Join us!

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Pelham Arena

9am-10am

Thursday Mar 21st

Fonthill Bandshell

9am - 10:30am

Everyone welcome! For more information please contact  
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## TOWN OF PELHAM PUBLIC LIBRARY

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## Canadian Red Cross Babysitting Course

Fri, Mar. 15 from 9:30 - 5:30. \$50 registration and payment is

required in advance online at [www.redcross.ca](http://www.redcross.ca) or via telephone @

905-860-4399 ext 7251. Pelham Library, Fonthill Branch.

## Spring Bilingual Card Making

Make a unique cards spring cards using a variety of techniques and  
materials; die cuts, embossing with chalk highlights, paper layering,  
stamping and various embellishments. Kits will be available for  
purchase should you wish to make additional cards. Tues., Mar. 19  
from 10:00 - 12:00. Cost is \$10.00. Register ahead.

## Symbols of the White Dove

Local author/artist Vanessa Brownbridge offers viewers of her  
paintings a unique opportunity to experience the moving, vibrating,  
scintillating images and energetic impressions of the Goddess and  
the Angels. Vanessa will share some of the wisdom and messages  
pertaining to what she sees and has been guided to channel. Books  
available for \$6. Wed., Mar. 20 at 7:30 p.m. \$4. Register ahead.  
Pelham Public Library.The Niagara Handweavers & Spinners Guild will be spinning in  
the Festival Room at Sat. Mar. 23 from 12 - 2 Drop in to watch. Free.  
Pelham Public Library.

## STRESS

Kern Robson, a public education co-ordinator for the Canadian  
Mental Health Association will offer this dynamic presentation on  
the causes, effects and treatment of stress. Susan Mifsud, Assistant  
Director of Human Resources, Brock University will also be here to  
share her personal story about dealing with stress. Thu., Mar. 26  
at 6:00. Free. Register ahead.

## Clothing Sale

Mon. April 8th - Sat. April 13th

All styles and sizes of clothing for men, women and children being  
accepted.

## ONGOING

## Knit Wits - Knitting Club

Work on your present project while spending time with other knitters.

All levels are welcome. Crocheters welcome. Knitting will be

shared at each session. Fridays from 1-3. Begins Jan. 4, \$2.00

includes refreshments. Drop in.

## Meditation Morning

Malia leads you through different types of meditations for stress relief  
and focus. Great for beginners and those who have meditated before.  
For fun, learn what the symbols from your creative visualization mean.  
Bring a pen and notebook. \$3.00. Those register ahead. Sat, Feb 9

at 2:00. 9:30-11:30 am.

## Drop-In Bridge

Alternate Wednesdays. 1:00-3:00 p.m. Come alone or with a friend.  
Refreshments. Monthly schedule available at front desk. Pelham  
Public Library.

## Monthly Hearing Clinic

Connect Hearing will be here at the Fonthill Branch giving free hearing  
screenings. They will be able to answer any questions about various  
hearing issues. Free but please schedule your appointment at 905-  
892-6068, Feb. 4, 10:00am-12:00pm

## GENERAL INFORMATION

## Summerfest 2013

It's never too early to start thinking about Pelham's summer fun  
festival! Check out the updates at [www.pelhamsummerfest.ca](http://www.pelhamsummerfest.ca). Art  
show, vendor and sponsorship applications are now available on-line.

## \*\*TOWN OF PELHAM - RESERVE CROSSING GUARDS\*\*

There is an immediate need for reserve school crosswalk guards to  
relieve the regular guards during periods of illness and vacation. The

position has an hourly pay rate of \$12.98 per hour.

Persons interested in becoming a reserve school crosswalk guard  
can pick up an application form in the Recreation, Culture & Wellness  
Department (20 Pelham Town Square).

## Overnight Parking

Please be reminded By-Law No. 89-2000 as amended by By-Law  
#2654(2005) prohibits parking on all roads and streets in the Town of  
Pelham, except Church Hill from 2:00am to 6:00am from November 1  
to March 31.

## Removal of Snow and Ice From Sidewalks

Please be reminded By-Law No. 3164 (2011) requires that, after the  
effective end of any winter precipitation event, the owner or occupant  
of every occupied building and the owner of every unoccupied  
building and the owner of every parcel of vacant land, shall clear away  
and remove, or cause to be cleared away and removed, snow and ice  
from the sidewalk to a clear condition within twenty-four (24) hours.  
Please take steps to ensure that you are in compliance with the by-  
law.

## Town of Pelham - SNOW ANGEL PROGRAM

The Town of Pelham in partnership with Pelham Cares Inc. offers a  
volunteer snow/ice removal service for persons within the Town of  
Pelham urban areas living with physical disabilities who are incapable  
of carrying out sidewalk snow/ice removal at their place of residence.Volunteers will have 24 hours to clear the snow/ice following the  
effective end of any winter precipitation event (winter precipitation  
event means snow, freezing rain or hail that leaves any accumulation  
of snow/ice on the sidewalk). Volunteers will remove snow/ice from  
the municipal sidewalk and the driveway left at driveway entrances by  
snowplows during snow clearing operations.Application forms for residents and volunteers are available on the  
Town's website at [www.pelham.ca](http://www.pelham.ca) or at Town Hall. Please call 905-  
892-2607 extension 332 for additional information.

## Interested in Joining the Communities in Bloom Committee?

The Communities in Bloom Committee is a Town Committee  
dedicated to keeping Pelham beautiful. The Committee is responsible  
for planning events such as Pelham's Annual Garden Tour and  
Community Participation Days in the Fall and Spring.  
To become part of this committee or for further information please  
contact the Recreation, Culture & Wellness Coordinator (905) 892-  
2607 ext 341.

## Is your business interested in being listed in the Town of Pelham Recreation, Culture &amp; Wellness Guide?

If so, please be sure to fill out a business directory information card  
with the Town of Pelham. For an information card, contact the Town Hall,  
20 Pelham Town Square - 1st Floor, or contact 905-892-2607,  
Ext. 315

## Interested in renting the ice? Arena Hall? Old Pelham Town Hall?

Call the Town of Pelham at 905-892-2607, Ext. 329

## IMPORTANT TO DOG OWNERS

Please be reminded that Town of Pelham Dog Control By-law 97-210  
requires that any person who owns controls or harbors a dog shall  
remove, forthwith, any feces (excrement) left by such dog on private or  
public property. Remember to be responsible! Stoop and Scoop!

## ONTARIO ONE CALL 1-800-400-2255

All requests for waterline and sewer locates must be directed to  
Ontario One Call

## KEEP PELHAM STREETS "LIT"

Residents of the Town of Pelham are asked to report any problems  
with streetlights to the Public Works Department at 905-892-2607, ext.332  
The hydro utility requires that a pole number be provided when  
reporting the problemTown of Pelham e-mail address: [clerk@pelham.ca](mailto:clerk@pelham.ca)  
Visit our Web site at [www.pelham.ca](http://www.pelham.ca)

■ **STAYING IN SHAPE:** Ready Set Cycle will help novice cyclists gain confidence

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VICTORIA GRAY  
PelhamNews Staff

Staying in shape can be difficult during the winter months—especially for people who don't want to stare at a wall while exercising at a gym.

Bike Niagara cofounders Ted Higgins, Dave Hunt, Gary Murphy and Walt Berg want to show Niagara residents just how beautiful the Niagara countryside can be while losing weight and staying in shape on a bicycle.

"I love to cycle," Hunt said. "There is nothing better than getting out there and working out stress. Niagara is really beautiful and you see so much more of it cycling

than driving."

For the second year Bike Niagara will offer a four-week bicycling course called Ready Set Cycle to help novice cyclists and returning cyclists gain confidence on the road and their abilities. Course registrations start on Wednesday, March 27 and courses take place in St. Catharines with three sections beginning in April and in Pelham starting on May 22.

The course includes four two-hour sessions. The first class focuses on buying a bike that matches participants goals, physical ability and budget and learning about types of bikes and their characteristics. The second hour of the class



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*"Selling Throughout Niagara"*



VICTORIA GRAY Staff Photo

Walt Berg, left, Dave Hunt and Ted Higgins three of four founders of Bike Niagara plan to host beginner bicycling courses in Pelham and St. Catharines this spring to help people become more confident on sharing the roads.

takes place in a bike shop where participants can ask questions.

"Sometimes bike shops and the language used in them can intimidate new cyclists or people who want to get into the sport and they get overwhelmed, turn around and walk out," Higgins said. "We want to help alleviate that."

The second class will give people an idea of how to use their bikes and practice what they've learned outside on it.

The third class focuses on safety, sharing the road, learning the rules of the road and lane positioning.

The fourth class teaches bike handling skills and group riding where instructors will also give individual mentoring.

There is an optional fifth class held in St. Catharines focusing on riding further and faster.

The course costs \$30 and comes with a 1-year membership to the Niagara Freewheelers who hold group rides all season.

Space is limited and participants must be 14-years-old. For more information or to register in St. Catharines call 905-880-5601 ext. 1556 and for Pelham call 905-892-2607 ext. 341 or visit [www.bikeniagara.org](http://www.bikeniagara.org).

"I'm passionate about cycling and I want to share it because it's a good, healthy sport and I want to help people gain the confidence they need to get out there and share the road," Higgins said.

[victoria.gray@sunmedia.ca](mailto:victoria.gray@sunmedia.ca)



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## ■ MENTAL ILLNESS: Grade 9 students learn about issue



DAVE JOHNSON Staff Photo

Jessica Rathwell gives a presentation at Port Colborne High School.

# No one should suffer alone

DAVE JOHNSON  
PelhamNews Staff

**PORT COLBORNE** — One in five Canadians will be diagnosed with a mental illness and 70% of those will be diagnosed before they turn 25.

Those statistics were presented last Thursday morning to more than 100 Grade 9 students at Port Colborne High School during a talk on mental illness.

They were presented by Jessica Rathwell, a TAMI (Talking About Mental Illness) and anti-stigma co-ordinator with Parthstone Mental Health. With Rathwell were Amanda and Madhav, of TAMI Niagara, two people who spoke about their own bouts with mental illness.

Rathwell talked about mental health and mental illness as she started her presentation.

Mental health, she said, is about having balance in all areas of life, enjoying things, having good relationships, being able to deal with life's challenges and coping with daily stress.

"Mental illness is about fearing for your future, being worried, sad and paranoid, unusually nervous. They're all normal thoughts to have from time to time. It's when it goes on for weeks and weeks and makes it hard to do things ... it's a problem at that point."

The cause of mental illness, she said, is complicated. It could be a combination of genetics and experiences.

"Two people could go through the exact same thing ... and one could end up with a mental illness."

Rathwell went through various mental illnesses that people could suffer from as she spoke to the students.

Depression, she said, can see a person losing interest in things they used to like doing, increased anger and a lack of concentration. It can also be physical, with a person eating less and not being able to sleep. "Thoughts of suicide can also pop up."

Anxiety disorder, the most common mental illness, can involve post-trau-

matic stress disorder, obsessive compulsive disorder, panic disorder and social and specific disorders.

Schizophrenia is a mental illness where a person can have delusions or hallucinations, and disorganized speech and behaviour.

Rathwell said if someone is having trouble the best thing they can do is reach out to someone, a parent, counsellor or friend.

"Someone won't reach out because they are scared. There's a stigma attached to mental illness." To help reduce that stigma, she said people should use respectful language when talking about mental illness.

Students were also told that if a friend is making comments about suicide, those comments should be taken seriously.

"Ask your friend how they are doing and listen to their answer."

Rathwell wanted to get the message out that treatment works and there are resources in the community that can help.

"No one should suffer alone," she said. Rathwell's presentation, and the personal stories of Amanda and Madhav, was the first of four at Port High, said Laurie Iannetti, youth counsellor at the school.

"The hope is to destigmatize mental illness," said Iannetti, adding students should know that there is support for those suffering from mental illness.

Iannetti, who also works out of Centennial Secondary School in Welland, said there seems to be more willingness to talk about the issue these days.

As she spoke about mental illness in relation to students, she said Grade 11 students seem to be struggling.

"It's a time in life where relationships are changing, there's a lot of stress about the future, they're looking for employment ... and other stresses."

She said similar presentations on mental illness will be made to the rest of the students in the high school.

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## Aviva Community Fund

Supporting what's important to you



# Skateboard park to honour student

LINDA WHITE  
Special to QMI Agency

When Grade 9 student Isaac Riehl died after being struck by a car while skateboarding in October, fellow student Mariah Bunz found a positive way for the community to channel their grief: a skateboard park to be built in Isaac's memory.

Emotions ran strong when students at E.L. Crossley Secondary School in Pelham learned the tragic news that Isaac died after six days on life support. Knowing his organs were donated to save the lives of others, including a teenage boy who received Isaac's lungs, offered some comfort.

When Mariah, the school's minister of social affairs, saw a commercial announcing the Aviva Community Fund contest, she entered immediately, knowing a skateboard park named in Isaac's honour would be a fitting tribute to the athletic boy who dreamed of one day becoming a professional soccer player.

"With the tragic death of Isaac, it has



become painfully obvious how important it is to get the youth off the streets and into a safe haven," Mariah said in her contest submission. "With the help of Aviva we could build a safe haven for our youth and honour our friend by making his dream a reality."

After creating a Facebook page, Mariah was approached by students wanting to help her garner the votes needed to win. The project quickly became a positive way for students to handle the pain they shared. Mariah also spread the word through news-



**"Isaac's family is very thankful. I'm so happy that I could help them in a small way."**

— Mariah Bunz

paper, TV and radio interviews.

CTV's Canada AM visited the school on Jan. 29 to broadcast the grand prize win. Aviva presented a \$115,000 cheque to Isaac's family. Mayor Dave Augustyn and the Town of Pelham matched the amount, bringing the fund total for a

new skate park to \$230,000.

The idea for a skateboard park was first proposed about 12 years ago but was never realized due to lack of funding. "I don't know how to describe the atmosphere — it was probably one of the best days of my life," says Mariah. "Isaac's family is very thankful. I'm so happy that I could help them in a small way." Mariah and the community look forward to the opening of the Riehl Skate Park this year.

Broker supporters include: *Verge Insurance Brokers Limited, Youngs Insurance Brokers Inc., Hope & Harder Insurance Brokers, Chambers Insurance Professionals Inc. and Meister Insurance Brokers Ltd.*

**Aviva Canada congratulates the winners of the 2012 Aviva Community Fund:**

**Undercurrent Youth Centre** \$130,000  
Glace Bay, N.S.

**Chase Kraynick "Pay it Forward" Splash Pad** \$90,000  
Canora, SK.

**The Children's First Playground: Where Arctic Kids can play** \$50,000  
Inuvik, N.W.T.

**Une vraie cour d'école pour ados** \$120,000  
Laval, QC

**Promoting Human Bear Coexistence — Education & Action** \$80,000  
Sprucefield, ON.

**Kaiden's Care Kits for Cystic Fibrosis** \$35,000  
Russell, ON.

**Please Fill our Pool! A Swimming Pool for Smiths Falls** \$99,000  
Smiths Falls, ON.

**Fighting for Healthy, Affordable Food in North End** Halifax \$115,000  
Halifax, N.S.

**Gladstone Greenhouse for Science and Foods Program** \$50,000  
Vancouver, B.C.

**Riehl Skate Park** \$115,000  
Pelham, ON.

**Rescue for Life — Spay/Neuter Initiatives** \$25,000  
Spruce Grove, AB.

## A million reasons to get involved in community change

From building a skateboard park for teens to creating kits to help parents of newborns diagnosed with Cystic Fibrosis, Canadians are making positive changes in their communities with the help of the Aviva Community Fund.

"Insurance is important to families and businesses — it gives peace of mind and is something you count on in times of need," says Michael

Webber, senior brand manager of Aviva Canada Inc. "Helping you bring about positive change in your community is one more way we support what's important to you."

One of the country's leading property and casualty insurance groups, Aviva provides home, automobile, recreational vehicle, group and business insurance to more than three million Canadians.

Aviva invited organizations to submit ideas that would have a positive impact on their communities to the Aviva Community Fund competition. In three rounds of voting, Canadians chose 98 semi-finalists. The top 30 semi-finalists moved on to the finals and upon completion of judging, \$1 million was awarded to winning submissions. Organizations could maximize

their ideas with registered charities so even if a proposal didn't garner enough votes to win funding, it could collect donations from supporters. Benevity Social Ventures, Inc. generates charitable donation receipts and distributes funds to chosen cause(s).

Visit [www.AvivaCommunityFund.org](http://www.AvivaCommunityFund.org) or [www.AvivaCanada.com](http://www.AvivaCanada.com)

## A Million Reasons to Celebrate

Visit [AvivaCommunityFund.org](http://AvivaCommunityFund.org) to learn about all 11 winning ideas!





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## ■ AK WIGG

# Students busy with speeches, a fundraiser, learning about anti-bullying during February

For PelhamNews

The A.K. Wigg Wildcats kicked off February with the monthly character trait: perseverance.

From Retro Day to the Make Change For Children Campaign, it has been another great month at A.K. Wigg elementary school.

The junior and intermediate students wrote and presented speeches to their fellow

classmates.

Two or three students from each of these classes participated in our annual speech-off held in the gymnasium. They used their perseverance to recite their speech in front of the entire A.K. Wigg student body. Congratulations to all the participants.

Valentines Day was celebrated with sweets, parties and of course, Valentines! The

whole school participated by wearing red, white and pink apparel. Not only did we have this sweet day of celebration, our school traveled back in time and got their groove on.

That's right, the Wildcats showed off their spirit on Retro Day!

A fundraiser that was organized by the Grade 3 students also took place in February. Their goal was to raise

enough money to 'adopt' a polar bear by selling cupcakes.

The money raised was donated to the World Wildlife Foundation (WWF). As a school, we successfully raised enough money to meet this goal. Since we raised over \$160, we were also able to adopt a snowy owl, an orca whale and a lynx.

From Feb. 25 to March 1 our students

worked hard to send in spare change for Make Change For Children. This week-long fundraiser will help other students within the school board, and all the funds raised will go directly to DSNB students. Working as a team, A.K. Wigg raised a total of \$375.75.

Rounding out a great February brought two gentlemen named Dave and Blake to per-

form to the Wigg student body.

They came from an organization called The Acoustic Opera. Their performance was based on anti-bullying themes and they taught through artistic and musical talents.

They entertained our school while carrying out a very important message. We say to you in the words of Dave and Blake: "Weird-Awesome."

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## IN BRIEF

## HAPPY BIRTHDAY FENWICK

PELHAM — The Village of Fenwick will celebrate its 160th anniversary on Saturday, June 1.

In anticipation of the event, a committee will have on sale a variety of decorations the public can decorate their homes and businesses with.

## MAYOR'S GALA

PELHAM — Mayor Dave Augustyn has announced the 5th Pelham Mayor's Gala set for Saturday, May 25 will support the Isaac Riehl Skate Park, the Niagara Centre Skating Club and the Pelham Community Fund.

The evening which will be hosted at Lookout Point Country Club will have a Casino Royale theme. Tickets for the gala can be purchased at the Town of Pelham office and are \$135 each.

## LET STAFF DEAL WITH IT

PELHAM — Ward 2 Coun. Gary

Accursi asked the town to consider handing off small matters to staff such as approving special occasion liquor permits for festivals and special events.

The request from Accursi came about as the Pelham Art Festival asked for a permit to sell wine at the festival.

"This is a festival that has been in place for 25 years and this item has come before council before."

He said this matter should be dealt with by staff and a small report should come before a committee-of-the-whole meeting so time could be freed up for council to discuss other matters.

## NEW WEBSITE

PELHAM — The Town of Pelham has sent out requests for proposals to develop a new website for the Town of Pelham. Chimpanzee, a division of Prim8 Group Inc, which is a Niagara-based company, has been hired to develop the website.

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## ■ FUNDRAISER

# Small change benefits park

SARAH FERGUSON  
PelhamNews Staff

The penny may have been laid off from its position as the smallest currency holder, but that doesn't mean the thumb-size coin doesn't have value.

"We would like these little guys to feel worthy and we are giving them a place to do good in

numbers," said Krysten MacLeod, a water clerk for the Town of Pelham.

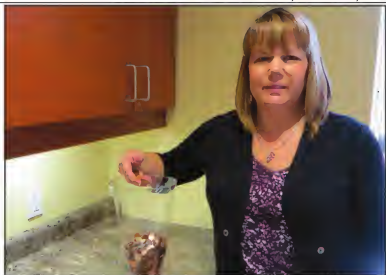
Even before the site for the Isaac Riehl Skate Park had been decided, likely at Harold Black Park, MacLeod organized a penny collection at the finance counter at town hall to collect pennies and loose change to benefit the skatepark. The jar will remain out until the skate

park is completed.

"They might have been made obsolete, but in numbers, pennies can help a great cause," MacLeod said.

Anyone who wants to empty their old coin jars and give their small change a purpose can make a big difference by donating it to the skatepark, she said.

*Sarah.ferguson@sunmedia.ca*



SARAH FERGUSON Staff Photo  
Krysten MacLeod, a water clerk for the Town of Pelham, has started a penny jar collection with proceeds going to the Isaac Riehl Skate Park.

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© 2013 Mercedes-Benz Canada Inc. 2013 C 300/2013 GLK 350 4MATIC™ shown above, National MSRP \$44,700/\$44,900. \*\*Total price of \$42,555/\$47,465 and down payment include freight/PDI of \$1,295, dealer admin fee of \$375, air-conditioning levy of \$100, BHP fees, license, taxes, and PPSA up to \$24.15 and OMVIC fee of \$5. Value of \$2,200. Term, amount and third month payment waivers are capped for the 2013 C 300 4MATIC™/2013 GLK 350 4MATIC™ up to a total of \$1,200/\$1,600 (including taxes for lease programs and up to a total of \$1,000/\$1,200) (including taxes for lease programs). Payment waivers are only applicable on the 2013 C-Class, C-Class Coupe, S-Class, S-Class Coupe and C-Class models. Not applicable to AMG models. \*Lease and finance offers based on the 2013 C 300 4MATIC™/2013 GLK 350 4MATIC™ available only through Mercedes-Benz Financial Services or approved credit for a limited time. Lease example based on \$378/\$428 monthly for 48 months. Down payment or equivalent trade of \$2,094/\$2,444 plus security deposit of \$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$39,990/\$44,900. Lease APR of 3.9%/2.9% applies. Total obligation is \$25,844/\$28,433. 18,000 km/year allowance (10/20 km for excess kilometers apply). Finance example is based on a 60-month term and a finance APR of 1.9%/0.9% and an MSRP of \$39,990/\$44,900. Monthly payment is \$391/\$462 (including taxes) with \$5,663/\$2,200 down payment or equivalent trade in. Cost of borrowing is \$1,447/\$1,686 for a total obligation of \$41,952/\$44,165. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for lease. Offers may change without notice and cannot be combined with any other offers. See Performance Mercedes-Benz for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends March 31, 2013.

## Cheering leader



BERND FRANKE Staff Photo

Notre Dame's Mackenzie Chamberlain of Pelham, left, accepts the Harwood's Trophy as the best overall cheerleader at the 58th Tribune Boys Basketball Tournament from Irene Gibbins, a member of the tournament organizing committee.

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■ **FIGURE SKATING**



Supplied photo  
 Audrey Morrison competed at the Western Ontario Section Starskate in Alymer held in February and has qualified for the 2013 Skate Ontario Championships this month.

## Morrison advances to Ontario final

For PelhamNews

Audrey Morrison has qualified for the 2013 Skate Ontario Championships which will be held this month.

The 11-year-old from Fonthill competed at the Western Ontario Section Starskate competition in Alymer on Feb. 23 where she placed first in her Starskate Junior Bronze flight.

She finished with a score of 23.39, Morrison finished second overall out of seventy-seven skaters to qualify.

She has had a great skating season so far and has taken home four gold medals and one bronze medal.

The youth skates out of the Fort Erie Figure Skating Club in Fort Erie and the Winter Club of St. Catharines and is coached by Carol Ann Woodland.



## AROUND TOWN

THURSDAY  
MARCH 14  
ANIMAL TIME

Are you crazy for zoo animals such as lions, elephants, monkeys and snakes?

Monkey around with crazy stories, crafts and "Animal boogie" by Debbie Harter. at 10:30 a.m. \$4. Pelham Library, Fonthill branch.

## OWL CRAZY

Do you love owls? Come to the library and dissect an owl pellet and learn all there is to know about an owl. at 14 at 1 p.m. \$4. Ages eight and up Pelham Public Library, Fonthill branch.

## FRIDAY

MARCH 15  
HAM RAFFLE

and penny sale at Fonthill Lions Hall, Hwy. 20, Fonthill. 8 p.m. Pre-sale tickets \$2 each or three for \$5 and are available at Klager's Meats or any Fonthill Lion.

## BABYSITTING COURSE

Training offered by the Canadian Red Cross at Pelham Public Library Fonthill branch. Course runs from 9:30 a.m. to 5:30 p.m. \$50 registration and payment is required in advance online at [www.redcross.ca](http://www.redcross.ca) or call 905-680-4099 ext. 7251.

## SATURDAY

## MARCH 16

**PASTA DINNER**  
At the Fonthill Lions Hall, Hwy. 20, Fonthill. Adults \$10 and children 12 and under \$6. Take-out orders and cash bar are available.

## SUNDAY

MARCH 17  
SOUP'S ON

Fenwick Lioness soup and bread lunch hosted from 11:30 a.m. to 1:30 p.m. A selection of homemade soups, variety of breads, dessert, coffee, tea, juice. \$7 per person. Fenwick Lions Club, 999 Church St., Fenwick.

## SATURDAY

MARCH 23  
CARD NIGHT

Progressive euchre night at Fonthill Lions Hall, Hwy. 20, Fonthill. Games start at 7 p.m. and features pizza, a light meal and cash bar. \$5

per person.

WEDNESDAY  
MARCH 20  
CFUW MEETING

The Welland and District Unit of the Canadian Federation of University Women will hold their March meeting beginning at 7:30 p.m. at Plymouth Cordage Retirement Residence, 110 First Ave. Welland. Our speaker will be a representative from the Owl Foundation, a local facility that serves as an owl "hospital" and rehabilitation center. We welcome all women and

stress membership is open to any women supporting pursuit of knowledge, promotion of education, improvement of the status of women and girls and active participation in public affairs in the spirit of co-operation and friendship (with or without a university degree).

**MONDAY  
MARCH 25  
HORTICULTURAL SOCIETY**  
Pelham Horticultural Society meeting at Fonthill Library, from 7:30 p.m. to 9:30 p.m. Trish Rybski

P.H.C., Pelham Hort. Society Director, will demonstrate cooking with herbs, including tastings and recipes. This will inspire new uses for the herbs in your garden. New members and guests welcome.

## ONGOING LISTINGS

**DROP-IN CRIBBAGE**  
Every Wednesday from 1:30 p.m. to 4:30 p.m. at the Royal Canadian Legion branch 613, Fonthill. Draw for partners. No charge,

everyone welcome.

## VOLUNTEER TUTORS

needed for the Niagara Regional Library Council in the Welland, St. Catharines/Thorold and Niagara Falls areas. Tutors work one-on-one with adults, tutoring in reading, writing, math, grammar, spelling and computer. For more info on the upcoming tutor workshop, call Pat at 905-687-8299 or e-mail [phay@literacyniagara.org](mailto:phay@literacyniagara.org)

**FREE ART WORKSHOPS**  
Held by in the Orchard Pro-

gramming for the Arts. Free Art2 Workshops every Thursday ages 13+ (sponsored by the Ministry of Tourism and Culture). Where: The Happy Place Art Studio, 1433 Pelham St., Fonthill.

## KNITTING CLUB

Work on your present project while spending time with other knitters at Pelham Public Library. All levels are welcome. Crocheters welcome. Knitting tips will be shared at each session. Fridays from 1-3. \$2 includes refreshments. Drop in.

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2013 BMW 328i xDrive shown.



2013 BMW X3 xDrive28i shown.

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## ■ HOCKEY

# Tykes show sportsmanship

Tim Hortons Blue Dogs' Alex Fous and Tim Hortons White Lightning's Abbey Harris led the way in net, both making some outstanding saves in a recent tie game matchup at Pelham Arena.

The Lightning ended the first period in the lead 1-0 thanks to Braeden Milnburg scoring a single goal on a great solo effort.

Jack Brownlee evened the score for the Blue Dogs late in the second period, putting a rebound in the Lightning net.

Milnburg scored in

the last minute of the second period, to put the Lightning ahead again. The Lightning struck for three straight goals, with Austin Wilson scoring twice, and Milnburg completing his hat trick.

Maxwell Myers scored for the Dogs, pulling them closer.

Wilson completed the Lightning scoring, by finding the five hole, finishing his own hat trick.

Lane in the game, Merek Triano put the puck past Harris to score the Dogs'

third goal.

David Mayor and Dylan Capra of the Lightning showed great sportsmanship, by putting on Dogs jerseys to help out the short-handed team.

Ryan Leduc of the Dogs showed some amazing hustle to get back on defence.

Ethan Baxter and Christian Baxter played great at both ends of the Dogs' goalie, while fellow team mate Lucas Nuziato got the puck out of his own end to stop the Blue Dog's attack.

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R.Ph. B.Sc. PHM

## LOWER YOUR CHOLESTEROL THE NATURAL WAY!

Many patients come into the pharmacy and have questions about cholesterol and what they can do to decrease it. Whether they found out they have elevated cholesterol through routine blood work or have a family history of high cholesterol, patients are curious about natural ways of lowering their cholesterol.

There are two types of cholesterol: a "good" cholesterol (HDL) and "bad" cholesterol (LDL). For patients with high cholesterol, the goal of therapy is to increase the amount of HDL and decrease the amount of LDL. Approximately 80% of cholesterol is made by the body and only 20% comes from the food you eat.

Many commercials for food products such as cereals and margarines are advertising that they can help lower cholesterol. The goal of this article is to examine the evidence of the effectiveness of various natural health and food products on the market that claim to lower cholesterol.

Products that contain soluble fibres such as psyllium (ie. Metamucil) or oat bran are known as bile acid binders. These products increase the excretion of cholesterol from the body as well as increase the breakdown of cholesterol in the body to less harmful products. Between 10 and 30 grams of psyllium fibre daily mixed with other foods has been shown to have a significant cholesterol lowering effect.

Between 1.5 and 3 grams per day of Niacin (Vitamin B3) has been shown to lower bad cholesterol while increasing good cholesterol. In some patients, Niacin can cause skin flushing (redness of the skin) as well as itching. There are "flush-free" or "no flush" Niacin products available; however, their effectiveness has not been established.

Plant sterols and stanols often found in margarines labeled heart healthy (such as Becel Pro-active) have been shown to prevent some of the absorption of cholesterol from the diet and can be included as part of a healthy diet high in fruits and vegetables to lower cholesterol.

Finally, some studies have shown that between 600 and 1200mg of garlic in three divided doses can lower the levels of cholesterol and triglycerides (fat) in the body. Unfortunately, some patients report bad breath as well as nausea and flatulence when taking this amount of garlic.

Patients who have been prescribed a cholesterol lowering medication called a "statin" such as Crestor (rosuvastatin) or Lipitor (atorvastatin) can consider taking Coenzyme Q10. Statins inhibit the synthesis of Coenzyme Q10, which may lead to muscle weakness and impaired energy metabolism.

If you have any questions about natural health products available to help lower your cholesterol, be sure to ask your physician or community pharmacist to see if those products are right for you.

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<b>BURLINGTON NORTH</b>	905-336-9656
<b>GUELPH</b>	519-763-1517



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## Miscellaneous

**WANTED** Shoe Gunks  
or rifles in or out of closet.  
PAL, required. Military  
warrants 905-371-5362.

## Automotive

**WINDSHIELD CHIP  
Repair or Replaced**  
**WINDSHIELD KING**  
905-735-9999

## Lessons &amp; Classes

## Real Estate Services

## ATTENTION Homeowners &amp; Investors

Properties needed for business class and world wide travelling. Contact us at 905-356-5040 about our revenue share program. Home Away Stays Niagara

## Lessons &amp; Classes

## Apartments

1 BDRM COZY home rent, \$600. 1st/2nd, required. All bills paid. Avail. Now 905-361-5840

## NEW AD

1 BDRM, 1525 sq ft, hydro, Sugerline, Port Colborne, New Kitchen 905-738-0773

## Lessons &amp; Classes

## Apartments

1 BEDROOM Available now \$575 + hydro. (905) 735-1885

2 BDRM all incl. Close to Lincoln St. Mail. No pets. Secure Entrance. \$700/WCL. Avail. Now 905-834-9924

## Appliance Repair

## Apartments

HARST ST / FORTMILL 2 bedroom in quiet 11 unit. \$775 monthly includes heat/water. No pets. Available 905-502-0475



## Appliance Repair

## Apartments

KINGS MANOR on Glen Park Dr. 1 & 2 bdrm apts. Park like setting. Extra storage. 905-735-5371

WELLAND 2 BDRM Available now - \$550 + gas & hydro. Freshly painted, newer carpets. No pets. 905-329-2918

## Halls and Living Room

WELLAND OPTIMIST apts. 8Day, Showers, Etc. Up to 10 yr. Fully access. Btl 736-3000.

## General Help Wanted

**EXPERIENCED INDUSTRIAL SEWER**  
Operates various machines to manufacture finished products. Formerly responsible for fax kit. **LYNE HERNANDEZ**  
905-274-7121 or E-Mail to: **intsewright@city1 clothing.com**

**PSW - Health Care Training Program**  
**Information Sessions**  
10 month programs (Sept to June)

## Personal Support Worker

Session Location & Program Description (attend at site you are interested in)	Information Session (attend one session)
<b>Lifeline Learning Centre</b> 535 Lake Street, St. Catharines Day Program - Room 205	<b>Wednesday</b> Mar 20, Apr 10, May 1 1:00 p.m.
<b>Port Colborne High School</b> 211 Elgin Street, Port Colborne Day Program - Room 314	<b>Wednesday</b> Mar 20, Apr 10, May 1 1:00 p.m.
<b>Oakwood Park Lodge</b> 6747 Oakwood Drive, Niagara Falls Eve & Wind Program - Garden Rm	<b>Saturday</b> Mar/23, Apr 13, May 4 10:00 a.m.

**Adult & Community Education**  
905-867-7000  
**psw@dabn.org**

## businessdirectory

## Appliance Repair Appliance Repair

**Clock Repairs**  
All makes and models, guaranteed workmanship, pick-up and delivery, specializing in Grandfather clocks.  
**(905) 935-1962**

## Brick &amp; Masonry Renovations

**ALLTYPE MASONRY**  
Chimneys Foundations  
Tom 905-892-1824  
Cell 226-241-4767

## Drywall

**JOHNS TAPING & DRYWALL** Carpentry, masonry, painting, etc.  
repairs. 905-834-5604.

**EXTRA... EXTRA... Classified Value!**



## General Help Wanted

**DIETARY MANAGER**  
Lookout Ridge Retirement Community is currently seeking a Dietary Manager to oversee dietary operations and a staff of 25. Individuals applying must be responsible, motivated and have a positive attitude. Chef trained or Food Service Management Diploma or equivalent is an asset. Experience in a kitchen environment preferred. Please send resume and cover letter to:  
Lookout Ridge Retirement Community  
1505 Lookout St. Fonthill, ON L5S 1E5 or email to **jobs@lookoutridge.ca**  
Applications will be accepted until April 5th, 2013

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## MEMORIAL

**SHARPE - Douglas.** Please join us for a Celebration of Doug's life at Lookout Point Golf & Country Club, Lookout Street. Fonthill on Wednesday, May 1st, 2013 from 2:00 - 4:30 p.m.



## EASTER IN MEMORIAM

Remember your loved one this Easter with an In Memoriam publishing in The Tribune on Saturday, March 30, 2013.

Be sure to have your copy and photo (if desired) to: The Tribune Office, 223 East Main St., Welland, prior to 4:00 p.m., on Friday, March 22, 2013.

Call 1-866-541-6757

**LOOK HERE!**



# The Healthy Cupboard

**FONTHILL**

 111 #20 EAST  
(across from Sobey's)

**905.892.9054**
**PORT COLBORNE**

 101 CLARENCE STREET  
(across from Food Basics)

**905.835.9806**

**Customer  
Appreciation Day**  
**FREE WEDNESDAY OF  
EVERY MONTH**  
 Open Late until 7PM

**150's  
Bonus Size  
30 Caps FREE**  
 while supplies last



## Leaf Source

### STOPS PAIN WITHIN DAYS!

*"It works! I'll take another two bottles please!"*

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's misery. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again!" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "This coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably

wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70 - 80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more energy and less pain by taking

anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone who has intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That alone should be enough to try this incredible product."

**LOSE THE PAIN**  
 LeafSource

**\$300 OFF** The Healthy Cupboard

WITH COUPON EXPIRES MARCH 30, 2013

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**Tanya &  
Ian Birrell**  
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 The Healthy Cupboard

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